

Box Hill Athletic Club Winter News 22

CHRIS HAMER WINS NATIONAL TITLE!

STEVE KELLY AND SARAH GRAHAME WIN MEDALS

Congratulations to Chris Hamer who won the national under 20 cross country championship in Tasmania last Saturday. Box Hill took the quinella in this event, with Steve Kelly running a great race to take the silver medal, just 4 seconds behind Chris. This is a fantastic result, with Chris and Steve both still eligible to run under 20 again next year.

In the women's under 20 race, Sarah Grahame, just back from the world junior championships in Beijing, also put in an outstanding performance to win a bronze medal.

Full Box Hill Results from National Cross Country Championships:

MEN OPEN 12km

24. Steve Dineen
28. Andrew White
33. John Meagher
36. Daniel Clark
49. Adrian Vincent

MEN UNDER 20, 8km

1. Chris Hamer
2. Steve Kelly
32. Matt Coloe
37. Duayne Christou
47. Navin Arunasalam
53. Ruben Arunasalam

MEN UNDER 18, 6KM

12. Damian Nugent
23. Mark Poli

WOMEN UNDER 20, 6km

3. Sarah Grahame

WOMEN UNDER 18, 4km

27. Ali Wilson

Congratulations to all runners who took part.

HALF MARATHON, SUNDAY, SEPTEMBER 3

The Victorian half marathon will be held along the Yarra Boulevard at Burnley on this Sunday morning, September 3. The race starts at 8:00am near the Kevin Bartlett Reserve.

Note that the Yarra Boulevard will be closed to traffic at 7:30am.

We encourage as many athletes as possible to take part in this event. If you are unable to run, come along and support the club (and share in morning tea!). If anyone who has not entered for this event (or does not have a season's entry) and wishes to compete, send you entry in to AV or contact Chris O'Connor as soon as possible.

TAN RELAYS, SATURDAY, SEPTEMBER 16

The last event for the winter season will be held at the famous Tan track around the Botanic Gardens on Saturday morning, September 16. (Note this is a Saturday morning event). We ask all athletes to make themselves available for this event. It is a great event to finish off the winter season or to help prepare you for the track season. We will be entering multiple teams, including most of the under age divisions.

RACE REPORTS

CLUB 10 MILE CHAMPIONSHIP

On Sunday 20th August a large group of athletes and supporters assembled at the Frank Sedgeman Reserve to run the club's 10 mile championship or to opt for the shorter 8 Kilometre distance.

In sunny, cool conditions 17 runners started out at just after 9:00 running on the path which runs next to the Freeway. Andrew White and Chris Hamer quickly established a lead over other runners, with Graeme Olden, Bill Dyer and David Jimenez holding the next positions. The course covered just over 8 kilometres and runners needed to run two laps to complete the full distance. At the halfway point Andrew White and Chris Hamer were running stride for stride and held a 1:10 break over Graeme Olden in third place.

Later in the race Chris Hamer stretched the tempo to gain a break over Andrew White and Chris gradually increased the tempo after opening up the initial break. Crossing the line in 54:40, Chris won the 2006 Frank Tutchener 10 mile championship and joined many illustrious predecessors in winning the trophy. Andrew White completed the course in 56:51 to place second, and Graeme Olden recorded the time of 59:18 to finish third. Bill Dyer and Dave Featherston were next over the line, followed by Chris Wall and Wes Windsor. Megan Sloane was the first female to complete the course running 74:20 in her Sunday morning training run.

Davis Jimenez completed one lap of the course and was first over the line in the shorter race, followed by Jess de Bruin and Kate Wall. Thanks to Julie Milner for assisting with officiating, photography and providing breakfast.

Results:

10 Mile Championship	5 mile split	10 Mile time
1. Chris Hamer	27:56	54:40
2. Andrew White	27:56	56:51
3. Graeme Olden	29:06	59:18
4. Bill Dyer	31:02	65:42
5. Dave Featherston	34:04	67:03
6. Chris Wall	34:04	67:52
7. Wes Windsor	35:25	72:30
8. Megan Sloane	37:44	74:20

5 Mile race

1. David Jimenez	31:27
2. Jess de Bruin	33:00
3. Kate Wall	34:41
4. Maggie Connelly	37:31
5. John Mullally	37:50
6. Kerry Putt	38:13

7. Priscilla Barrington 39:03
8. Liz Dobson 39:03

BALLARAT MEN'S 8 K CROSS COUNTRY AND WOMEN'S RESULTS

The 8 k. cross country returned to Ballarat University at Mt Helen on August 4th. Eight senior male and three senior female athletes journeyed to Ballarat, together with a number of juniors in various age groups, competing on the undulating grassed course which was soft and muddy in various parts.

The women's race was over quickly, as Anna Thompson quickly strode clear of Lisa Jane Weightman. The only real interest was by how much Thompson would win and who would place third. Kate Seibold Crosbie defeated Anna Worland for third. Only three Box Hill athletes completed. Rachel Johnson and Amanda Harper looked to run well up to expectation and they both placed well, in 25th and 29th positions respectively in a small field. Megan Sloane placed 53rd and was one of the leading overage athletes.

The Under 20 Box Hill Men's team was successful in winning the team's event. The team consisting of Duayne Christou, Navin Arunasalam and Ruben Arunasalam defeated rivals Knox by one point in a very tight contest. Duayne won the individual silver medal and Navin won the bronze medal in a very pleasing result.

Kate Wall also impressed in her race, the Under 20 women's race, placing fourth with a very steady run. She started well and held her form through out the race, and her supporters urged her to try and pick up 3rd place, but her opponent had too much of a lead. This was Kate's best performance for Box Hill to date, and promises well for the future.

The four lap course men's attracted around 325 senior competitors. At the front of the field, Lee Troop, Collis Birmingham, Liam Adams and Andrew White (holding sixth or seventh position) were prominent in the group which broke away from the rest of the field. John Meagher was, holding 19th or 20th position, with a small margin between him and Daniel Clark. Adrian Vincent was prominent, a little further behind these two. Paul Boxshall and Liam Rourke were also near the front end for the field. Graeme Olden, 64th, was next, followed by Bill Dyer, who was mid-field, with Scott Boxshall completing the Box Hill contingent.

By the time the leading runners reached the finish for the first time, prior to completing their second lap, Birmingham and Troop were effectively moving clear of other runners. Andrew White looked assured of a top 10 finish in the somewhat depleted field. The other Box Hill runners looked to be holding their ground, although Daniel Clark seemed to look strained.

Troop and Birmingham broke clear by the end of the third lap and would fight out the race between them. Andrew White moved up to fourth place and John Meagher was running a steady race in around 20th position. Daniel Clark drifted back a bit as the early effort told on him. Adrian Vincent also appeared to be over a difficult period and was running steadily. Paul Boxshall was around 55th a little ahead of Liam Rourke who has also suffered from early exertion, but steadied. He was within sight of Graeme Olden. The other Box Hill runners were further back in the field.

In the concluding stages of the race, Birmingham surged up the rises and got the better of Troop who was also running strongly. Birmingham increased the slender margin to a 26 second victory. Liam Adams held onto 3rd place in an impressive effort. Clinton Perrett and Brad Dyson both passed Andrew White in the last lap relegating Andrew to 6th place, which was one of his best winter placings. Other Box Hill athletes maintained their relative placings

in the last lap and their positions are published below. Box Hill's Division 1 team placed third (and the 40+ contingent was 4th).

Individual Results

1. Collis Birmingham	Eureka	24:42
2. Lee Troop	Geelong	25:08
3. Liam Adams	Essendon	25:27
4. Clinton Perrett	Mentone	25:45
5. Brad Dyson	Glen	25:52
6. Andrew White	Box Hill	26:01
19. John Meagher	Box Hill	27:02
30. Daniel Clark	Box Hill	27:28
31. Adrian Vincent	Box Hill	27:33
51. Paul Boxshall	Box Hill	28:27
66. Liam Rourke	Box Hill	29:23
75. Graeme Olden	Box Hill	29:40
160. William Dyer	Box Hill	32:29
194. Scott Boxshall	Box Hill	33:21

Men Division 1

1. Glenhuntly	94 points
2. Geelong Region	127
3. Box Hill	203

Men 40 Plus

1. Keilor St Bernards	24 points
2. Ballarat YCW Harriers	33
3. Athletics Waverley	50
4. Box Hill Athletic Club	57

Men Under 20

Individual Results

1. Sam Crowther	Knox	12:46
2. Duayne Christou	Box Hill	13:30
3. Navin Arunasalam	Box Hill	13:41
8. Ruben Arunasalam	Box Hill	14:56

Team Results

1. Box Hill Athletic Club	13 points
2. Knox Athletic Club	14

Women Under 20

4. Kate Wall	Box Hill	16:47
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Open Women

25. Rachel Johnson	Box Hill	24:45
29. Amanda Harper	Box Hill	25:06
53. Megan Sloane	Box Hill	26:50

Under 14 Men, 2km

14. Mitchell Dyer	Invitation	7:41
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Under 16 Men, 3km

17. Jackson Dyer Invitation 12:48

WINTER COMPETITION COMMITTEE

Contact a member of the club winter competition committee if you have any enquiries.

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